



Dracut Council on Aging Newsletter

NOVEMBER 2012

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

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Our veterans and their families have been held dear to the hearts of The Dracut Council on Aging and all who come here. For many years we have shown our appreciation for their service and sacrifice with breakfasts in their honor. As we observe Veteran's Day our thoughts turn to those who have served our country and to those who are serving now protecting our freedoms. We offer our thoughts and prayers for their safe return. A breakfast in honor of our veterans and their families will be held on Tuesday November 27th at 9am. A video will be shown of one family's journey to Normandy with their father who landed there on D-Day so long ago. The official day of Thanksgiving is also celebrated this month. It's a time to gather with family and friends, to offer thanks for all that is good in our lives.

Depictions of Thanksgiving can be seen almost everywhere encouraging the family holiday. American artist Norman Rockwell's snapshots in time are heart warming and uniquely American. Although they may give one a warm and fuzzy feeling, many of our older folks may find the holidays are filled with memories of their loved ones who are no longer with them. Feelings of loneliness and isolation may arise, given way to the blues. We have all felt this way at one time or another. I have found that a good way to avoid the holiday blues is to not let them start. Socializing and engaging in healthy and wellness activities is a helpful remedy.

It's amazing how quickly our thoughts can change when playing cards, bingo, watching a movie or making a puzzle. Fitness options such as bone builders, energetics and Tai Chi help us feel stronger. Cultivating your creative side by joining art class, quilting or knitting and crocheting, are all activities that are available at the Council on Aging, and others that can surely produce a feeling of well-being.

More support is available at our weekly group, Dealing with Life's Changes on Thursday from 10am-11am here at the COA. We love to have fun with new and different activities, and this month we will be transported back to Victorian times when having tea was done with style and grace.

Please join us on Thursday Nov. 8th at 10am. Our center will be transformed into a Victorian Tea Room and we will learn the language of flowers and proper etiquette, while enjoying tea, cookies, and cakes...Sponsored by HomeInstead and the Friends of the Dracut Elderly. There's something for everyone, join us as we give thanks, offer prayers, appreciate everything, heal ourselves and have fun at the DCOA "The Best Place in Town"

Executive Director, Joyce Shadan

COUNCIL ON AGING STAFF

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Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Bill Dorris, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fluery
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm

Social Services

November 2012

Saturday, November 3rd is when you turn the clocks back an hour! This month we give thanks for all we have. As so many of you, I am thankful for the blessings in my life...my children, grandchildren, family, friends and good health. Please remember your neighbor who may need a helping hand, or saying thank you to a veteran or maybe a small donation to the Food Pantry. The Holiday season is upon us, the season of giving. **Happy Thanksgiving Everyone!**

Donna Houston, Outreach Coordinator

The holidays are almost here, it's a time to be thankful for all we have and a time for giving. We can give in so many ways, a kind word, a helping hand, volunteer some of your time. Drop off a food item at your local pantry, put some spare change in the Salvation Army Kettle which helps out so many in need, in so many ways.

Happy Thanksgiving

Judy Gilbert Social Service/Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

MVNP SPECIAL MEAL IN NOVEMBER

Thurs. Nov. 29, 2012 at 11:30

Chicken divan, whipped potatoes, peas, carrots, buttermilk biscuit and garden salad with dressing.

Apple pie a la mode.

Please reserve your meal by **Nov. 19th**. Call Debbie at 978-957-0129 A \$2 donation is suggested

FOXWOOD TRIPS

Next trip is Wed. November 14, 2012 \$30 per person, receive a \$15 Keno play voucher and free buffet or \$10 in food voucher. Includes transportation, drivers gratuity. Friends donation and refreshments.

Bus leaves the senior center at 6:45 am. Parking available at far end of the parking lot. For more information call Carol Gavriel at 978-957-5527

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. Please call Judy Gilbert at 978-957-2611 or stop by the center.

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

ATLANTIC CITY

Bally's Hotel & Casino April 7th—10th, 2013

4 days/ 3night motorcoach tour \$319 pp do

Receive \$75 back in slot play

For more info call **Carol Gavriel 978-957-5527**

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. Nov. 14 & 28** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

**Dracut Council on Aging
951 Mammoth Road**

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF
VNA SERVICES.



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DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meeting: Nov. 7th The 21st. No Meeting (Thanksgiving Holiday) Sunday Nov. 18th. Christmas Fair at Dracut Senior Center 9:30 –3:00**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days.
Call Ed Bishop for more info @ 978-453-0969

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611
Or on line @www.needymeds.org

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated. General Public Welcome. Please come meet Pauline our perky always smiling store volunteer.

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan
Treasurer, Pat Cahill
Clerk, Barbara Dickinson
Member, Judy Fuller
Member, Linda Bloomgren
Member, Mary Beth Shanahan
The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU to Doris Hall for her donation in memory of Lou Ann (Couture) Ryan. Helen Paulenka, Jane Mingoelli for their donations. Steve & Tim Coravos for sponsoring the October Veterans breakfast.

NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cards/Pool/Chess 1 Wii/Foosball 9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00...Dealing w/ Life's Changes 10:30-11:30..Bone Builders 1:00.....Bingo 1:30-3:30...Nurse Nancy	Cards/Pool/Chess 2 Wii/ Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30...Walmart and Dracut House of Pizza 12:00.....Cribbage
Cards/ Pool/Chess 5 Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 6 Wii/Foosball 9:00-10:00.....Energetics NO Art Class today 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 7 Wii/Foosball 9-11Beginners Computer 10:00.....Bone Builders 10-11.....Tai Chi 11:00.....Reiki 1:00Senior Club Meeting	Cards/Pool/Chess 8 Wii/Foosball 9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00.Victorian Tea Party 10:00...Dealing w/ Life's Changes 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy	Cards/Pool/Chess 9 Wii/Foosball 9:00.....Bowling 9-10.....Line Dancing 9:30...Christmas Tree & Bug a Boo Creek 12:00.....Cribbage
12 CENTER IS CLOSED FOR VETERAN'S DAY	Cards/Pool/Chess 13 Wii/Foosball 9:00-10:00...Energetics 9:00-11:00.....Art Class 10...Affordable Hearing (Free Hearing Screening) 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie 12:30.....Knit/Crochet	Cards/Pool/Chess 14 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi	Cards/Pool/Chess 15 9:00-11:00.....Energetics 9:30-12....Quilting Class 10:00...Dealing w/ Life's Changes 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy	Cards/Pool/Chess 16 Wii/Foosball 9:00.....Bowling 9-00.....Line Dancing 9:30...Pheasant Lane Mall & lunch at the food court. 12:00.....Cribbage
Cards/Pool/Chess 19 Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 20 Wii/Foosball 9:00-10:00.....Energetics 9:00-11:00.....Art Class 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 21 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 11:00.....Reiki	22 CENTER IS CLOSED THANKSGIVING HOLIDAY	23 CENTER IS CLOSED HOLIDAY
Cards/ Pool/Chess 26 Wii/Foosball 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/ Chess 27 Wii/Foosball 9:00...Veterans Breakfast 9:00.....Energetics 9:00-10:00.....Art Class 10....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 28 Wii/Foosball 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi	Cards/Pool/Chess 29 Wii/Foosball 9:00-10:00.....Energetics 9:30-12....Quilting Class 10:00...Coffee w/ the Director 10:00...Dealing w/Life's Changes 10:30-11:30..Bone Builders 11:30...MVNP Special Meal 1:00.....Bingo 1:30-3:45....Nurse Nancy	Cards/Pool/Chess 30 Wii/Foosball 9:00.....Bowling 9:00.....Line Dancing 9:30..Kmart in Salem & The 99 Restaurant 12:00.....Cribbage



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

Nov. 7, 14, 21, 28-Dec.5, 12 & 19th.

Wednesdays 9:00-11:00

8 Weeks at \$15.00

FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

ENERGETICS

Nov.1 –Nov.29th.

Tuesdays & Thursdays

9:00 –10:00

With Elaine Corsetti

\$20.00 per session

TAI CHI

With Connie Rock on Wednesdays

Nov.7, 14, 21, 28 and Dec.5 & 12th.

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Nov. 13, 20, 27 and Dec.4, 11, 18 & 25th.

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls. Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

For any info on classes please call Judy Gilbert at 978-957-2611

Lift Your Spirits

REIKI

November 7th & 21st.

\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the center to make an appointment. appointments are 30 minutes each and start at 11:00am

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. Call the COA office at 978-957-2611

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am \$2 a class

\$2.00 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle every day in the Library.
Chess Game Set Up In Library

LEGACIES VOLUME VIII ANTHOLOGY

Are available at the senior center for \$3.00

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center

UP COMING EVENTS IN NOVEMBER

BEACON HOSPICE, INC.

Bereavement Group

“Dealing with Life’s Changes”

Six week group

Nov.1, 8, 15 and 29th.

10:00-11:00am

Come join our group where Support is provided though sharing our knowledge and experiences. Family members can share concerns and information

VICTORIAN TEA PARTY

Thurs. Nov. 8th at 10 am

Sponsored by HomeInstead
and The Friends of the Dracut Elderly.

Join us for an interactive Victorian Tea Party
Patricia Perry a professional historical interpreter
will take us back in time for a Victorian Tea Party.

A variety of teas, and cakes will be
served. \$1.00

DINNER & MOVIE

**Tuesday November 13th
at 11:30**

Dinner: Rotisserie chicken, rice pilaf, green bean
almondine, cranberry sauce and juice. Call Debbie
at 978-957-0129 two days in advance to reserve
your dinner. \$2.00 donation is suggested.

Free movie starts at 12noon

THE BEST EXOTIC MARIGOLD HOTEL

A group of British retirees decide to “outsource”
their retirement to less expensive and seemingly ex-
otic India. Enticed by advertisements for a newly
restored Marigold Hotel, they arrived to find the
palace a shell of it’s former self.

Rated: PG Drama **Staring:** Judi Dench

Free Popcorn & Drinks Served

Quick Trips for November 2012

Friday-Nov.2...Walmart & Dracut House of Pizza

Friday Nov. 9..Christmas Tree & Bug a Boo Creek

**Friday Nov.16..Pheasant Lane Mall & Lunch at the
Food Court**

Friday-Nov.30..Kmart in Salem & The 99 Resturant

Check out!! **The New Dracut Website**

@www.dracut-ma.us

For all information on The Dracut Council on Aging.

Affordable Hearing

Hearing Clinic

with Christopher Streeter

Tuesday Nov.13th From 10am –12pm

Free service for:

Hearing screenings, evaluations, hearing aid
maintenance and cleaning. minor hearing aid repairs

Please call for appointment at 978-957-2611

Art in Harmony Nov. 17, 2012 9am-4pm

Art Fair at Harmony Hall

Works from our seniors will be on display at the art fair.

There will also be many items for purchase and authors
of the DCOA Legacies competition will read their stories.

VETERAN’S BREAKFAST

TUESDAY NOVEMBER 27, 9AM

Sponsored by the Dracut Senior Citizens Club

All veterans and spouses are welcome to attend.

A special video on one family’s trip back to Normandy in
honor of their father who landing there on D-Day.

COFFEE WITH THE DIRECTOR

Thursday Nov.29 at 10:00am

Stop by for coffee and refreshments

Discussions on upcoming events,
issues and concerns.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander’s Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D’Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola’s Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw’s, St. Mary Magdalene Church, Tedeschi’s (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D’Youville Parish.